



# Top Questions Asked at...

## Siena House AOD In-Patient (SHDA)

### **1. How long will I be at Siena House D&A?**

Gaudenzia Siena House D&A is a long-term, inpatient drug and alcohol rehabilitation facility. The length of stay at Siena House D&A is determined and based on the client's accomplishment of treatment goals and progress on assessed needs.

### **2. Can I buy my own food?**

Gaudenzia Siena House D&A provides three meals per day, plus a snack, for all clients participating in treatment. As a result, no outside food or drink needs to be purchased.

### **3. Can I bring my cell phone?**

While cell phones are prohibited at SHDA, clients are afforded opportunities for both phone calls and visitation while in treatment at SHDA.

### **4. I take medications. What should I do?**

All medications will be collected by Siena House D&A staff upon a client's arrival at SHDA. SHDA has a full-time nurse and contracts with providers to offer in-house medical and psychiatric services. Clients self-administer all medications while at SHDA, under the supervision of SHDA staff.

### **5: What's treatment like at Siena House D&A?**

The Gaudenzia treatment process is unique in its concentration on the Therapeutic Community (TC) model, which is well known as an effective treatment model. The primary goal of a TC is to foster personal growth. Gaudenzia views substance abuse as a complex biopsychosocial problem that must be addressed on all levels.

The TC aims to address all aspects of the dysfunctional behavior and attitudes as individuals must make significant lifestyle changes in order for recovery to be successful and long lasting. Traditionally a residential therapy in a highly structured setting, it is based on the premise that new and more permanent patterns of coping must become routine in order for permanent change to take place. Global lifestyle change is accomplished through the community of recovering people working together to help themselves and each other.

Gaudenzia adheres to the holistic principles of the TC that encourages individuals to take part in the treatment process as full partners, not as objects or patients. The TC emphasizes personal responsibility for one's life and for self-improvement. The TC is a highly structured environment with defined boundaries, both moral and behavioral.

In addition to daily seminars, group counseling, and individual activities offered to all clients, work responsibilities are assigned that teach basic cooperation, respect and discipline. Being part of something greater than oneself is an especially important factor in facilitating growth.